

Basic Quiche

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 **cup** vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 **cup** cheese (shredded)
- 3 egg (beaten)
- 1 **cup** milk (non-fat)
- 1/2 **teaspoon** salt
- 1/2 **teaspoon** pepper
- 1/2 **teaspoon** garlic powder

Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	13 g	20%
Protein	9 g	
Carbohydrates	18 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	5 g	25%
Sodium	440 mg	18%

9. Let the quiche cool for 5 minutes before serving

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